

President's Message

If there is one thing we can say across the board about our kids, it is they will have speech and language delays. I remember it being a big priority in our family to help Paul learn to speak. Paul had the great opportunity of having three talkative big sisters. One thing we did really well with Paul was to read to him LOTS. Again, he had five of us in the family, and we all would read to him when he was little. He really enjoyed books and had a good attention span to listen to them. If there is any contentious

area in our relationship with services for our students, it is speech services. I have felt that with my own son off and on through the years, and I hear it again from families with younger children. This month's newsletter will address speech issues and services from a variety of clinics.

Ah, Fall, and the living is hurried, hectic, and full of lots of wonderful experiences for our families! Please pay close attention to all the events planned both by the *DSAF and community for our kids and families. The Literacy Conference with

Tiffany Hogan on November 6 will be very informative and helpful to parents and educators alike. The donations received from the Capital City Step Up for Down Syndrome Walk are what fuel the programs, conferences, and outreach opportunities DSAF is able to provide each year. Registrations for the walk are used largely to fund the walk itself. We appreciate all donations for the walk and donations made during other times of the year.

- Deb

Program Director Update: Lori Tackett

I am inspired by the passion of our members as they commit time to DSAF events while juggling families, jobs, and the special needs of their very amazing children. I took this job because I thought it was a great cause, but I wasn't prepared for how much these children and families would touch my life. I am in awe of how much our families and their children accomplish on a daily basis! I really hope to provide programs and services to our families to make their lives a little bit easier, help them learn something new or just help them connect with a parent that can travel with them on their journey.

We had a great turn out for our Peer Presentation/

IEP meeting. If you couldn't attend but are interested in the information, please contact me and I will send that your way.

The newest event that I'm excited to announce is The Husker Day with Special Needs Children on November 14th from 5:30-8:00 pm at the Hawks Championship Center at UNL. There will be several hundred student athletes in

attendance and they will make several different interactive booths/activities. several different interactive booths/activities. The day will also include a drawing for prizes, autograph signing, games with athletes and food. Not only am I excited that we can provide this great event to our families, I'm also thrilled to be

partnering with several local groups. Participating groups include: The Arc of Lincoln/Lancaster County, *Autism Society of Nebraska*, Autism Family Network, Spina Bifida Nebraska, and United Cerebral Palsy of Nebraska. In addition we hope to add more groups to this list. We all know that we can accomplish more with the support of the community and other groups than we can alone and I think this is a great step towards that goal! I hope that you can all attend this Husker Day Event, it promises to be a fun event for our children of all ages. As always feel free to contact me with any suggestions or thoughts you may have. lorig@dsafnebraska.org

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ALSO: We contacted Lincoln speech therapy providers. Details for those who responded are scattered throughout this issue.	

LITERACY CONFERENCE

For Parents and Educators

The DSAF 2010 Literacy Conference is scheduled for November 6, 8 am to 12:30 pm. Registration will begin at 7:30 a.m. and the conference begins at 8:00 a.m. The conference venue is the Scottish Rite Temple on the NW corner of 16th and L Streets.

Our speaker, Tiffany Hogan, is a researcher /professor at UNL. She recently attended two international reading conferences and has access to the latest research on reading for children with Down syndrome. Dr. Hogan is also the director of the Link N Literacy Lab at the Barkley Memorial Center on UNL's East Campus.

In this seminar, you will learn:

- The Simple View of Reading
- How kids with Down syndrome learn to read
- Implications for assessment and intervention
- Ideas to share with your child's educators and specialists
- Techniques to improve word recognition
- Techniques to improve comprehension

The target audience for this conference includes parents, educators, and specialists.

There is much to learn in the area of reading for children with Down syndrome. Fortunately, Tiffany is on the cutting edge of the research and has recent information to share with us.

Be sure to invite your child's educators and specialists to this event. The fee is minimal. We are keeping the costs as low as possible in order for many to attend.

With their permission, we would like to add your child's educator(s) and specialist(s) to our mailing list. Send names and full mailing addresses to Dyann Rupp at dyrupp@inebraska.com

LESSONS I HAVE LEARNED

Deb Safarik

"I Don't Have Down Syndrome All The Time"

(Note from Deb: Dave Hingsburger is an advocate for persons with disabilities, has written books & presents on different issues. This is taken from his blog "Rolling Around in My Head", July 12, 2010. It was emailed to me & I thought it was so good I wanted to share it.)

We'd just sat down for lunch when we both heard that pronunciation of the word, 'Mother' that communicates so much. 'Muhhhhh-therrrrrr'. I glanced up and saw a frustrated and harried woman, carrying packages from the Bay and her son, a young man with Down syndrome who was in his preteens.

It seems that the mother wanted to go with him to get his food and then have him go with her to get her food, then they would eat together. Son, thought this was silly. Why doesn't she get hers, he get his, then they meet for lunch. She did an admirable job of keeping herself calm. I did an admirable job of just listening, not judging. Who knew what kind of experiences she'd had that led to this arrangement? They had been standing arguing and just before she moved again towards the court he said something that had a profound impact on me as a listener and she as a mother.

'Trouble is you think I have Down syndrome all the time and I don't,' he said with real frustration.

She stopped again, 'What?'

'I only have Down syndrome sometimes, when I'm learning something new or if the words are real hard. I don't have Down syndrome the rest of the time when I'm doing what I know how to do.'

'And you don't have Down syndrome now?' she asked.

'No, I know how to get my lunch, I buy my lunch at school all the time. I don't have someone with me all the time you know.' he was frustrated, he didn't even realize he'd said something of real importance, to me and to his mother.

'So,' she continued looking at him hard, 'you don't feel like you have Down syndrome all the time.'

'No, most times I don't even think about it,' he said.

She said, her tiredness seemed to be gone, 'Go ahead, we'll find a table after we've got our food.'

They disappeared from view.

Joe and I looked at each other. I said to him, 'That kid should teach classes to parents of kids with Down Syndrome.'

Reprinted with the permission of, and very special thanks to, the author, Dave Hingsburger.

Visit his blog at:

www.davehingsburger.blogspot.com

MORE NEWS YOU CAN USE!

National Inclusive Schools Week

Please join the *DSAF in celebrating National Inclusive Schools Week, December 6 – 10. If your student has a teacher or para who promotes inclusion at your school we would like to recognize them. This recognition is for school staff who work to be sure your student is included with their typical peers in the classroom & other activities during their time at school. This should involve active modification of regular education curriculum,

modifying other activities so your student can be included with their peers throughout their school day. It can also involve staff who are willing to learn, listen, & act on suggestions to make school more inclusive for your student with their peers.

The *DSAF will send a gift card directly to them in appreciation for their year-round efforts to include students with Down syndrome in the regular education classrooms.

Please email or send us the following information by December 3:

Teacher/para name
Name of school
Complete address of school
Principal's name
Your student's name

This can be for any student across the state. Priority is given to *DSAF members' nominations.

Sibling Workshop

January 22, 2011 10-2pm

With the help of older siblings from our families and local paras and social workers, we will be offering a Sibling Workshop for the siblings of children with Down syndrome. We hope to provide an environment for siblings to feel comfortable to ask questions that they may otherwise be hesitant to ask about their brother or sister. We will provide education and support to help them recognize they are not alone in their experiences and feelings

and their feelings are okay. They will have the opportunity to meet other brothers and sisters and learn that there are others who experience the special joys and challenges they do. We will also give them an opportunity to learn how others handle situations commonly experienced by siblings of children with Down syndrome. Please mark your calendars for this event -more details to follow in future communications.

We hope to provide an environment for siblings to feel comfortable to ask questions and learn from each other.

Upcoming Event: Wrightslaw Conference

July 29-30, 2011

DSAF is thrilled to be able to bring Peter and Pam Wright to Lincoln to present their Two-day Special Education Law and Advocacy Boot Camp. The goal is to provide individuals with the knowledge and skills to advocate effectively for children with disabilities.

In a Wrightslaw Boot Camp, you learn how to use special education statutes and regulations to get answers to your questions; to use tests and measurements to measure educational progress; chart out test scores; write SMART IEPs goals and objectives; learn how to use NCLB as a tool to open doors to services; learn how

to create paper trails; write effective letters; and use advocacy strategies to negotiate for appropriate special education programs.

This will be a great learning opportunity for our families and all advocates; please mark your calendars for this event!

FAMILY NEWS AND MEMBER SUGGESTIONS!

Submit births, achievements, awards, etc. and ideas for future newsletters to Dyann Rupp, Newsletter Chair at dyrupp@inebraska.com

National Down Syndrome Congress Convention 2010 Trip Report

Orlando, Florida

"Magic Moments" was the title of the NDSC convention this year. I don't know about "magic," but I can sure attest to "joy." Joy at being—if only for a brief moment—surrounded by families who also have a child with Down syndrome, like ours, and feeling proud and happy about it. Joy, and also, amazement at how good the children and young adults looked, and how articulate they were. Not just the scheduled self-advocate speakers, but the various young people we met and talked to. This is, frankly, in contrast to our earlier experiences, starting 15 years ago or so when we began to go to national conferences. The medical advances, increased care, and higher expectations for people with Down syndrome were clearly visible 'in the flesh.' I was really impressed that this is truly a wonderful time to be born with Down syndrome. The families from Puerto Rico, Mexico, Jamaica, even Saudi Arabia, made me appreciate the greater community we are part of also.

I learned some new medical facts in the session by Dr. George Capone. Evidently there is not a greater incidence of Alzheimer's disease in adults with DS, although if they get it, they usually get it ten years earlier than other people. He emphasized that persons with DS rarely get cardiovascular disease, hypertension, asthma, or even most cancers (though the incidence of testicular cancer is higher). Dr. Capone described persons with DS as having incredible visual memory, and though useful of course, it can lead to a susceptibility to post-traumatic stress syndrome following traumatic situations. He has also found that 80% of DS people tested had a vitamin D deficiency.

I attended two sessions on post-secondary education. One was an in-depth description of a well-thought out program at the University of North Florida. The other was a more general summary of programs around the country. The speaker described the movement for post-ed opportunities for persons with intellectual disability as "sweeping the

country". In a "mom's" session a woman talked about a program at the University of Nebraska at Kearney. Some programs require a student not to have a high school diploma. Some require a student to have a "regular" high school diploma.

I found the sessions on drama and especially the Teen-age Cool Club inspiring and hope to spread it locally.

Lastly, did you know that our kids manage to go through life without engaging their abdominal muscles? A physical therapist described her techniques for correcting and overcoming that problem.

The British Downs Ed people were there selling their booklets and Numicon math systems. The amount of materials, especially for reading, has really increased. We purchased a very good booklet on inclusive education techniques to show my son Jamie's teachers.

At the Disney Resort every building was pastel, the food was expensive and so-so. The landscaping was nice, the pools warm, very warm.

We bought the audio DVD of the conference and have permission to copy it for anyone.

Though we registered too late for my 17 year old to get into the young adult program, a lot of others did too, so Jamie found plenty of other teenagers around! This led to impromptu water fights; taekwondo demonstrations; being flirted with in the dining hall by random girls; getting into the dating and exercise sessions; as well as two seriously get-down dances. Jamie reconnected with a friend he had made at a previous sexuality conference five years ago with whom he had kept in contact, and they got to hang out at meals and the pool.

I had been feeling overwhelmed lately with -- let's admit it -- the demands of parenting a child with DS. But like the cool soft breeze that blew in the evenings, the conference revived me. Next year you gotta go.

Thanks to DSAF for helping to fund it for us.

Amy Svoboda

Missing Some News?

If you are not receiving our electronic communications than you may be missing out! Sometimes events happen between newsletters and the only way to get the word out is electronically. To ensure you get all the news, please send your current email address and contact information to dsafnebraska@gmail.com.



PUMPKIN PATCH EVENT

When: Saturday, October 9

Check-in from 9:30-10:30

(You are welcome to stay the entire day. However, if you arrive between 9:30-10:30 a.m., DSAF will pay for your admission — see details below.)

** We will meet at 11:00 by the tractors for a group picture for future publications. You won't want to miss it! We will take a group hayrack ride to the pumpkins.

*DSAF will pay for the first three members in your party (children 2 and under are free). Tell the admission person that you are with DSAF group. Individuals are responsible for the cost of own pumpkins and extras (bounce house, horse rides, etc), which are optional.

Directions: From Lincoln, you can take 56th, 70th, or 84th Streets south until you reach the dead-end on Saltillo Road. Turn right and drive a short way over to 54th Street. Turn left and head south for about 2 $\frac{1}{2}$ miles to Roca Road. Turn right and drive until you see the Roca Elevator, turn left in front of the elevator and take your first right over the railroad tracks. They are $\frac{3}{4}$ mile south on 38th St.

In case of rain: They are open if it is drizzling, but not if it is a downpour. Call the information hotline number 402-421-2255 to find out.

Any questions, contact

Liz Echternkamp 327-2572

or

Caroline Fehlhafer #641-6578

Heartland Speech and Language Services, P.C.

Three things you may not know about private speech therapy:

Your child will benefit from our services even if he or she receives school based services. Private speech/language therapy can enhance your child's progress through highly individualized intervention in a fun setting. At HSL, your child's therapy sessions will consist of 45 minutes of one-on-one activities targeting their unique needs. Your input and participation (if desired) are encouraged!

Most insurance plans cover speech therapy services. We are a participating provider for most major insurance plans. Check with your insurance carrier to see what benefits are available to you, or call us with questions.

Speech-Language therapy can be lots of fun! We believe that learning happens when children are interested and engaged! We incorporate songs, games and lots of fun activities into every therapy session. At HSL, it is important to us that your child enjoys their time here. We want your child to want to come to speech!

Heartland Speech & Language is a private pediatric speech-language therapy clinic. We have served the Lincoln area for 7 years and specialize in developing individualized therapy programs for each child we serve. We are family-centered and believe that you are the expert on your child!

Our therapists, Karen, Maureen, and Beth have extensive experience in working with kids with a variety of speech/language concerns. We can help your child improve the clarity of their speech, increase their ability to express their thoughts, feelings and ideas, and improve their ability to better understand what is said to them, which is important when following directions and answering questions.

We would love the opportunity to assist your family in developing your child's communication skills! You can check out our website at heartlandspeech.com for more information about us, or call Laura at 327-2500 with any questions.

October is Down Syndrome Awareness Month

For more than twenty years, October has been designated and celebrated as "National Down Syndrome Awareness Month" all across the country.

We want to encourage you to join us in making a special effort in October, to bring awareness to **your** community. This is the perfect chance for you to take time & educate others on what Down syndrome is & how loving someone with Down syndrome has impacted your life. Our Capital City Step Up for Down Syndrome Walk is always a good start. We hope you will consider some of the following activities when you are thinking about celebrating Down Syndrome Awareness Month.

Write an article for, or a letter to your newspaper. Use this opportunity to generate some "good press" about the *DSAF, your child's Girl Scout troop or swim team, or someone you know with Down syndrome. What about the newsletter sent home from your child's school? That's another avenue to educate!

When you read a positive news article, write a letter to the reporter or to the editor, thanking them for writing and printing it. A little encouraging feedback goes a long way in promoting good press!

Donate good books about Down syndrome to your local or college library, or your school's media center. **(This is where some of our funds from the Capital City Step for Down Syndrome Walk go. If you have other places you would like to suggest for book donations or if you live in a different town & would like to request books to be donated to your local city or**

school library please contact our group.) Ask your local library or bookstore to put out a Down Syndrome Awareness Month display of books.

Host a presentation on Down syndrome at your school, church, or civic organization. Promote positive awareness and educate about the possibilities for people with Down syndrome, without asking for anything in return.

The *DSAF newsletter has good general information about Down syndrome & often has hints on best practices to use when teaching children with Down syndrome. We will try to discuss methods that help & practices that sometimes hinder our children's learning. Check if your school/teachers are receiving them; if not let us know the contact names & school addresses. If you are from outside of Lincoln & are interested in distributing this to your area schools contact us.

Thank your teachers for all that they do to help your loved one.

Ask a local business to donate a portion of the proceeds of their sales to the *DSAF during a day or weekend of sales in October to promote awareness.

We now offer the Peer Presentation programs & have presentation boxes you can check out. If you didn't go to the training contact us & we can help you plan a presentation to your student's class. October would be a great month to offer this for your child's class.

We would love to hear any ideas you have or any successful experiences if you try some of the awareness projects listed above

Saint Elizabeth Regional Medical Center - Speech Pathology

Located: Medical Office Building, 3rd Floor

Hours: 7 a.m. -4 p.m. Monday-Friday, On Call: Saturdays 8 a.m.-noon

Speech services include:

Stroke and other Neurologic based deficits

Language Deficits (aphasia, trouble finding words, unrecognizable words, difficulty writing and reading due to language problems, difficulty understanding directions)

Augmentative/Alternative Communication Options

NICU: Feeding/Swallowing difficulties, Cleft Palate Feeding Difficulties,

Pediatrics: Speech Language Delays, Swallowing difficulties (assessment and treatment)

Voice: Assessment and Treatment of voice problems associated with nodules, polyps, cysts, spasmodic dysphonia, vocal fold paralysis/paresis

KORI COOPER:

On and Off the Court

Any Nebraskan who follows volleyball, and even some who don't, recognize the name "Kori Cooper ." Wearing jersey #15, Kori recently ended an impressive volleyball career at UNL. What many don't know is that Kori is also a stand-out in the graduate speech-language pathology program at UNL.

Kori hails from Amarillo, Texas – at 6'2" -- one always remembers that everything is bigger in Texas! Since Kori comes from a family of basketball players – her mom, dad and brother all played college basketball (Her dad is currently the head basketball coach at West Texas A&M.), her height doesn't really come as a surprise. The real surprise for her family was when she chose to play volleyball, rather than basketball. Her talents were recognized early, and Kori was on the Olympic track until she suffered a knee injury forcing her to miss most of her senior season in high school.

Kori made her way to UNL (passing over offers to play volleyball from Texas A&M, Florida and Texas), and excelled on the court and in the classroom, earning her many honors, including Academic All-American (2008-2009). When discussing her volleyball career at UNL, Kori says her most memorable experience was being on the 2006 National Championship team. She was the only freshman to start that year.

Her second memorable experience was likely the torn ACL she suffered in the game against Texas in November, 2008, during her junior year. Even though the injury took her out of the rest of the season, video clips show Kori on the sidelines, clad in a camouflage jacket, waving a towel, cheering and supporting her team. When Kori talks about this time, she says, "It's all about perspective – knowing

that whatever you are doing, you can make a difference." After suffering the knee injury, she rebounded to star status during her senior year, finishing first in hitting percentages.

Kori says that the skills she learned on the volleyball court translate well to the field of speech-language pathology. Volleyball taught her the value of "teamwork." "In both areas, you are working with other people," says Kori. "You have to be able to collaborate with professionals and be able to function in a team environment."

Her favorite part of graduate school has been the opportunity to be hands-on. She enjoys the opportunity to "see the field in real life rather than in a textbook." It was during one of these "real life" clinic assignments that Kori met Beth Quiring, a little four year old girl with Down syndrome.

Beth saw Kori as the very tall teacher who shared snacks with her, taught her to use verbs with "-ing", who read books and played with her, and who helped her plant seeds and grow a flower. But Kori readily admits that much of the learning came from Beth. "I loved "how happy she was. I loved to be around her, she was so welcoming and warm and polite. I learned more from Beth than she ever learned from me."

To Nebraska sports fans, Kori Cooper #15 will always be known for her impressive career on the volleyball court.

To preschooler Beth Quiring, Kori Cooper isn't a number or a volleyball player. Beth will always remember her as Miss Kori, her summer speech teacher.

Kori is currently in her externship semester at St. Elizabeth's Hospital. She will student teach in January and plans to graduate from UNL in May 2011.

Lil' Stars Update:

It was great to see so many faces at Barnes and Noble on August 28 to meet Curious George. We listened to Curious George books and then we got a personal visit with Curious George. Everyone enjoyed the high-fives, hugs and pictures with Curious George.

I'm excited to announce that our next event will be our 2nd Annual DSAF trip to the Rocca Berry Farm where your little pumpkin will get to pick a pumpkin. Mark your calendars now for October 9. Last year we had over 50 people attend this fun family event! Families will check-in at the gate between 9:30-10:30 (there will be a window marked for DSAF members). DSAF will pay the admission cost for the first three members in your party. We will meet at 11:00 a.m. by the tractors for a group photo and then take a hayrack ride to the pumpkins! We hope you can make it!

Leaps and Bounds Pediatric Therapy

Leaps and Bounds Pediatric Therapy was founded in January of 2007. In May, 2009 physical therapist Brandy Escamilla, and speech-language pathologist, Gayle Ellis transitioned as owners. Leaps and Bounds serves children birth to 18 years of age through specialists in physical, occupational, and speech-language therapy. All therapists are nationally certified, licensed, and participate as “in network” providers with most insurance companies. We understand busy family schedules offering extended hours 7:00 a.m. –6:00 p.m. Monday through Friday.

You’ll notice the upbeat kid-friendly environment at Leaps and Bounds. Therapists routinely work together to address needs, keep students motivated, and make therapy enjoyable. Speech therapy services are provided to address a broad range of communication difficulties and diagnoses including: apraxia, attention deficit, autism spectrum, brain injuries, developmental delay, feeding disorders, reading/literacy challenges, stuttering, and oral motor dysfunction.

Gayle Ellis, has over 30 years of experience as a speech language pathologist. She laughs that there isn’t much she hasn’t done at this point in her career. Her extensive experience has allowed her to teach, treat and participate in research at the University of Nebraska-Lincoln, provide rehabilitation treatment/management, and work in local schools. Her familiarity with the community and treating professionals provides her with the ability to tap into a wealth of services available to help in the progression of treatment.

Christy Cheviron has over 9 years of experience as a speech-language pathologist. She has worked primarily with children in school and clinical settings in Illinois, Louisiana, California, and Nebraska. Christy loves the collaborative environment at Leaps and Bounds, which allows her to gain insightful information from other disciplines. She enjoys the problem solving to tap into what motivates non-verbal or limited verbal children to communicate. Christy also has connections within the Lincoln Public Schools. She works part-time within an Early Childhood Special Education classroom.

HANDPRINTS AND FOOTSTEPS

Handprints and Footsteps is an outpatient therapy clinic which has been providing services exclusively for children from birth – 21 since 1994. Our staff specializes in providing pediatric therapy, with specific training aimed at treating children.

Handprints and Footsteps is designed with the child in mind. It is not uncommon to see children singing to music, tossing a beanbag, or walking in moon boots. We believe that a healthy dose of “kid fun” can actually facilitate a child’s progress. That’s why our therapists always take the interests of each child into account and incorporate their favorite, age-appropriate activities into daily therapy. This is just one of the many benefits of an “all pediatric” facility like Handprints and Footsteps. We understand that kids will be kids. And we work hard to help them stay that way.

The facility is set up to provide intensive one on one therapy by a licensed PT, OT, and/or Speech therapist. Individual treatment rooms and common areas are cheerfully decorated to provide an environment that welcomes the child and family. Special attention has been given to outfit the clinic with equipment of appropriate size to accommodate children of all ages.

Speech Therapists focus on: evaluation of speech, language and swallowing skills. Treatment focuses on increasing communication skills through structured play using total language approaches. Treatment of swallowing skills focuses on improving oral motor control and coordination for eating.

Visit our website at www.handprintsandfootsteps.com; Hours: Monday – Thursday 8:00 am – 5:30 pm; Friday 8:00 am – noon

Handprints and Footsteps, 5930 Vandervoort Drive, Suite A, Lincoln, NE 68516, Phone: 402-420-2099

RiteCare Clinic

The RiteCare Clinic is a pediatric speech/language/literacy clinic supported by the Scottish Rite. The Lincoln clinic is served by Dyann Rupp, a graduate of UNL's speech pathology program. The main focus of the clinic is Childhood Apraxia of Speech and other severe speech sound disorders. In addition, treatment areas include language and literacy.

The RiteCare Clinic is located at the Barkley Memorial Center on UNL's East Campus. All services are provided free of charge to families. To get more information, you can call 472-0642.

Dyann is certified by ASHA, licensed by the State of Nebraska, and is a member of the American Speech Language and Hearing Association, Nebraska Speech Language Hearing Association, and is a member of the Professional Advisory Board of the Childhood Apraxia of Speech Association of North America. She also serves on the board of DSAF.

Barkley Memorial Speech Language and Hearing Clinic

The Barkley Center's speech clinic is housed on UNL's East Campus. The Clinic offers a full range of services to children with Down syndrome, including, but not limited to, language, articulation, voice and fluency treatment. Services are provided by graduate clinicians under the supervision of certified and licensed speech-language pathologists. Diane Farrand is the clinic director. SLP faculty supervisors include Toni Morehouse, Deanne Splattstoesser, Kristy Weissling, Carrie Prentice and Brenda Clark.

The Barkley Center has recently undergone a massive remodeling and construction project. The Clinic boasts state-of-the-art facilities.

For more information, contact Diane Farrand at 472-5475.

PARENTS AND TEENS

Support group for parents of teens with Down syndrome is slated to meet on Sundays October 17, and November 21, at St Paul Methodist Church at 1144 M Street. The meeting are from 4 to 6 pm in the gym for the teens and room 145 for the adults. Enter on the M Street side. Subject to change so call Amy at 742-4521 or amysvo@gmail to confirm before coming.

DAD'S NIGHT OUT

Watch the website and email blasts for details

MOM'S NIGHT OUT

TBA Watch the website and email blasts for details
Join other moms for dinner and conversation

This newsletter reports items of interest relating to Down syndrome. DSAF does not promote or recommend any therapy, treatment, program, etc. Any medical articles included in this newsletter are solely for information. Any medical questions should always be referred to your family physician. DSAF does not support any particular political or religious view. Individuals or organizations are not necessarily endorsed by this publication or its editor. We wish to bring together those interested in Down syndrome and attempt to create a positive, optimistic outlook and attitude. We want to help our kids reach their fullest potential and be included in their schools and communities.

Please submit articles and items of interest to Dyann Rupp at dyrupp@inebraska.com We welcome information of interest to our membership!

CONTACTS

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Liz Echternkamp, Lil' Stars Chair
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Return Service Requested

Down Syndrome Association for Families

Mission Statement: The Down Syndrome Association for Families is a Lincoln based non-profit organization that provides support for individuals with Down syndrome, their families, friends, educators and professionals who share in their lives.

Every person with Down syndrome is an individual who has a unique purpose and abilities. DSAF provides networking and a positive vision for the future.

www.dsafnebraska.org

telephone 421-1388

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Calendar of Events Not to Be Missed!

Oct 9	9:30 a.m. Pumpkin Patch at Roca Berry Farm. See details on page 5
Nov. 6	Literacy Conference, 7:30 am—12:30 pm. See details on page 2.
Nov. 14	Husker Athlete Event
Dec. 4	10:30 a.m. DSAF Christmas Brunch at St. Luke Church. More details to follow.
Dec. 6-10	Nat'l Inclusive Schools Week. See details on page 3
Jan. 22	Sibling Workshop at Gere Library 10 am-2 pm. See details on page 3
March 21	World Down Syndrome Day
July 29-30, 2011	Wrightslaw Conference, details to follow